

God tells us to pray/call on Him

1. "Call to me and I will answer you." ([Jeremiah 33:3](#))

2. He promises that He hears us: "You will call on me and come and pray to me, and I will listen to you." ([Jeremiah 29:12](#))

**A** Adoration - List God's attributes & pray them back to Him

**C** Confession - In light of God's attributes, we know our sins to confess  
- Keep a short account so there are no barriers between God & us

**T** Thanksgiving -

**S** Submission -

**Intercession & Petition** - Proverbs (do's & don'ts or be's & be nots)  
- Pray according to a person's name  
alphabetically

**Examples of Paul's Prayers for the family of God members:**

"Brothers, my heart's desire and prayer to God for them is that they may be saved" (Romans 10:1).

"It is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ" (Philippians 1:9-10).

More of Paul's prayers in Ephesians 1 and 3, Philippians 1, and Colossians 1